File carving

File carving is a process used in computer forensics to extract data from a disk drive or other storage device without the assistance of the file system that originality created the file. It is a method that recovers files at unallocated space without any file information and is used to recover data and execute a digital forensic investigation. It also called “carving,” which is a general term for extracting structured data out of raw data, based on format specific characteristics present in the structured data.

https://resources.infosecinstitute.com/file-carving/#gref

The goal of the lab is to extract the jpg file from the Word.